DKN®
TECHNOLOGY
Think
Different
Reaching for better

# Expect different

www.dkn-technology.com

# Think different

## **DKN** PREFACE

So you know you want to buy some type of home exercise equipment - but why Dkn?

One of the top benefits of Dkn exercise equipment is that they are probably the most affordable piece of exercise equipment on the market right now: Dkn offers a huge variety of models for every price range and every exercise level.

It is however advisable to keep in mind that you will get what you pay for: the bells and whistles dohave their price, however, Dkn offers high value for money: if you are on a budget, Dkn is a great way to get in shape for less.

A great benefit of exercise machines is that they provide a much lower impact on your joints and ligaments. This can result in less chance of sustained injury over time and can also be great for people with joint problems, arthritis, etc…

Another recent factor is that DKN made the exercisers much more comfortable to use. This makes home fitness a great alternative for the elderly exerciser or someone who is new to exercise equipment in general.

Instead of forcing yourself to trudge through your workout, why not choose a piece of exercise equipment that's going to allow you to multitask and do what you want while working out?

Read your favorite magazine or the latest mystery novel. Set the elliptical or the treadmill up in front of the television and watch your favorite show while working out. Time will fly by and you won't even know you've been blasting those calories!

This leads into what is perhaps the best benefit of Dkn: because our machines are so affordable, comfortable, low impact and safe - and because they allow you to fight boredom while exercising - the chances that you'll use it are extremely high. No one wants to spend a lot of hard earned cash on a piece of fancy exercise equipment and then use it for a clothes rack.

You want to be able to stay fit, burn calories and keep healthy by working out.
Because of the great benefits of Dkn machines, many people find that they not only use them for years to come but they also end up exercising much more than they thought they would.

**DKN, Reaching for better**

DKN® TECHNOLOGY

# Think Running

Treadmills are quite simply the best piece of kit for burning calories and getting in to shape fast. The most popular of all the fitness products, walking, jogging and running are among the most popular past times, and the explosion in home training has seen this reach out to even more people. Having a running machine in your own home ensures you can keep up your training at all times, and is convenient, safe, and better for the key joints in the process!

Walking is so natural in fact, that studies show that walking and running have the lowest level of perceived exertion while burning the highest number of calories. These two key components make it very easy for a person to realize the optimum benefits of a cardiovascular conditioning or weight-loss program.

A treadmill not only works your skeletal support muscles, it works the most important muscle in your body, your heart. And it does it with the least amount of perceived effort. Simply stated, you are able to do more work on a treadmill, in a shorter period of time and still feel great.

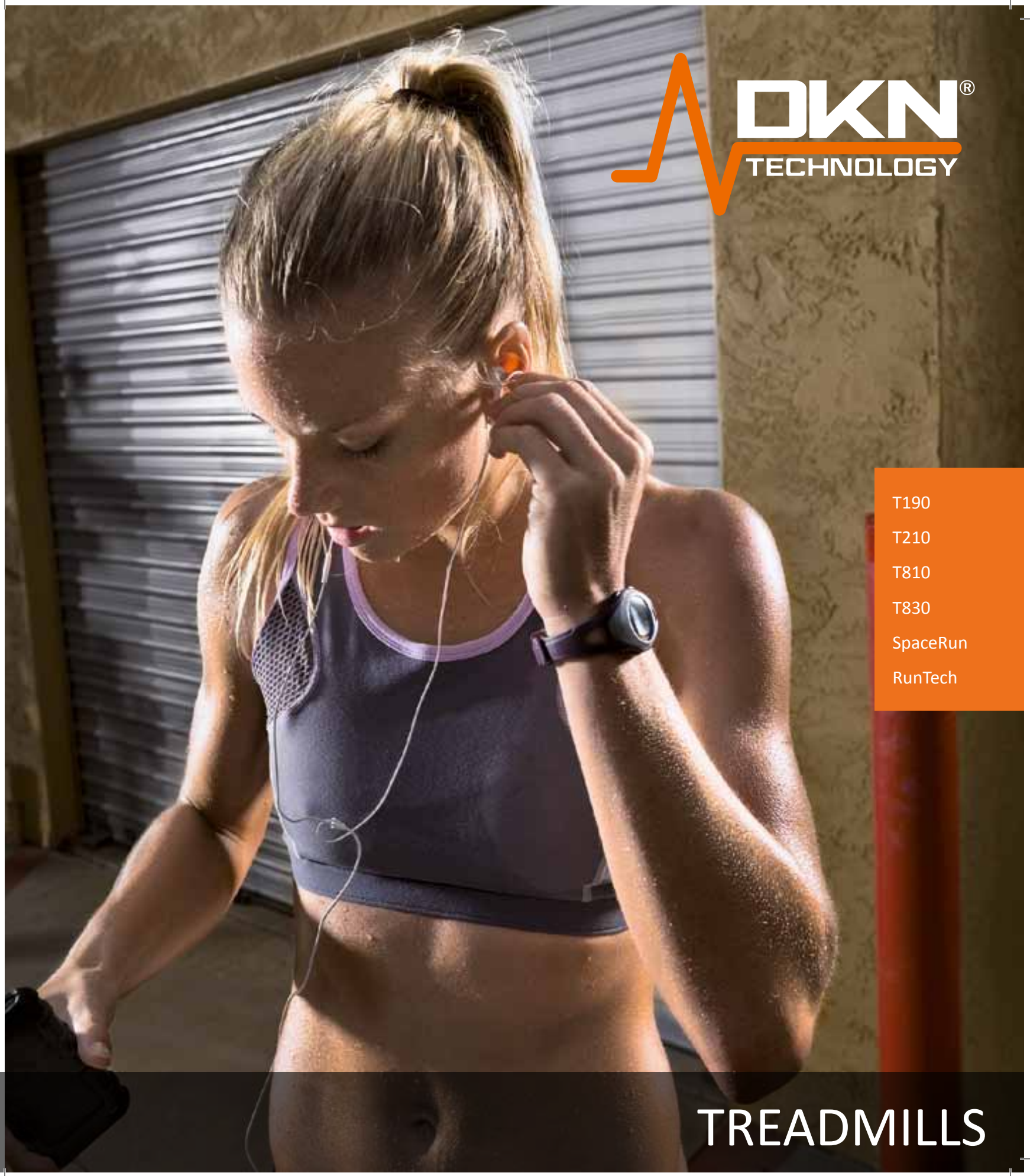
DKN treadmills lessen the negative effects of impact on soft tissue and joints: this is accomplished by a deck supported with shock absorbers, the Progressive Shock Absorbing system deck and orthopaedic (shock absorbing) running belts. DKN uses up to 3.7 mm thickbelts, specially woven, to achieve this.

There are many things to consider when looking at the right treadmill for you. This ranges from functionality to specification, as well as build quality, injury reduction, product warranties, and ultimately how great it is to run on.

With this latest range of DKN treadmills you don't have to worry, as there is a treadmill to meet every one of your needs. Made from only the highest grade components, DKN treadmills are designed to not only look great but perform fantastically too

Take running to the next level with DKN.

DKN TECHNOLOGY


DKN®
TECHNOLOGY
T190
T210
T810
T830
SpaceRun
RunTech
TREADMILLS

# TREADMILLS

| | |
|---|---|
| | ELECTRONICS |
| Display | LCD |
| Pulse | Handpulse sensors |
| | PRODUCT DETAILS |
| Certification | CE, EN957 |
| Power output | 1.75 HP continuous - 2 HP peak |
| Speed (Km/h) | 1 - 12 |
| Inclination | 1-4-7%, manual |
| Running deck (mm) | 415 x 1200 |
| Max user limit (Kg) | 100 |
| Programming | 8 preset programs + manual setting |
| Weight (Kg) | 63 |
| Dimensions (mm) | 1550 x 695 x 1268 |
| Dimensions folded (mm) | 840 x 695 x 1450 |

**T190** The DKN T190 is a Plug and Run treadmill, featuring a complete pre-assembled machine. It's compact, easy to handle and store away.

This entry-level machine is concepted for those users who are looking for a treadmill which will offer the comfort and trustability of a fully equiped machine, but who donot need all features of a semi-professional equiped model.

The DKN 190 is a non compromise value for money deal.

A 20 mm running deck, mounted on 8 shock absorbing supports, and equiped with a 20 mm running belt assure a gentle impact absorption, making the T190 a perfect match for the beginner, for rehab training or for motion training.

The T-190 comes with a very slim, flat blue backlighted LCD, screen, intuitive controls and great program displays.

**T210** The 210 is DKN's second entry level treadmill.

As the T190, this is also a Plug and Play treadmill, completely pre-assembled.

This machine offers a complete programming, an orthopaedic 2.2 mm running belt and a 16 Km/h in a compact set-up.

| | |
|---|---|
| | ELECTRONICS |
| Display | LCD |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | PRODUCT DETAILS |
| Certification | CE, TUV, EN957 |
| Power output | 1.75 HP continuous - 2.5 HP peak |
| Speed (Km/h) | 0.8 - 16 |
| Inclination | 0-10% electronic |
| Running deck (mm) | 420 x 1250 |
| Max user limit (Kg) | 100 |
| Programming | 18 programs, including 2 user profiles |
| Weight (Kg) | 67 |
| Dimensions (mm) | 1600 x 750 x 1340 |
| Dimensions folded (mm) | 1000 x 750 x 1500 |

The LCD feedback includes 18 programs:
1 manual setting, 6 speed preset courses, 6 incline preset courses, 3 crosstraining courses, 2 user programs and body fat calculation.

HOTKEYS for instantenous speed and incline acces.

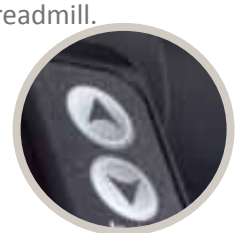
Easy storage: fold and roll away.

# TREADMILLS

| | |
|---|---|
| | **ELECTRONICS** |
| Display | LCD |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | **PRODUCT DETAILS** |
| Certification | CE, TUV, EN957 |
| Power output | 2 HP continuous - 3 HP peak |
| Speed (Km/h) | 0.8 - 16 |
| Inclination | 0-12% electronic |
| Running deck (mm) | 480 x 1320 |
| Max user limit (Kg) | 120 |
| Programming | 12 preset courses, 2 user profiles, 2 HRC |
| Weight (Kg) | 81 |
| Dimensions (mm) | 1750 x 750 x 1340 |
| Dimensions folded (mm) | 1000 x 750 x 1510 |

**T810** The DKN T810 is a fantastic entry level running machine for a wide variety of users. Powered by a large 2 hp continuous duty motor, and a powerful integrated speed and incline motor giving a user range of 0.8 - 16 kph, and 0 – 10%. The large LCD feedback console provides ongoing feedback on all workout data related to the user's profile, including speed, time elapsed, distance covered, calories burned, incline, 400m laps run and heart rate, enabling you to stay on track of every session.

The DKN T810 Treadmill also has 5 hot keys for both incline and speed allowing you to quickly and easily achieve your desired level, and offers a complete range of 17 different workouts; 11 pre programmed courses, 2 personal settings, 2 Heart Rate settings, a manual control option and a body fat test. This puts you in control of your own workout and allows you to find the right level and intensity of training every time you step on the treadmill.



Equiped with the DKN-Technology 'Progressive Shock Absorbing' system deck, this running machine actually reduces the impact on joints by up to 15% compared to running on the road, delaying the onset of potential injuries.

Added to the cushioning is the inclusion of a 2.2mm thick orthopaedic running belt which helps to further cushion the stride, and gives you an all round, solid and reliable machine.

Integrated transport wheels and a soft drop hydraulic arm mean that this great running machine is not only sturdy when in use, but can be quickly, easily and safely folded up when done, and wheeled out of the way for convenience.

**T830** The DKN T830 folding treadmill has great specifications, build quality and price point. Powered by a silent 2.5 Hp continuous duty motor (4Hp peak), it offers you a comprehensive speed range of 0.8- 18 kph, and an incline range of 0 - 12 %, matching the needs of the more advanced runner.

The T830 also features a large LCD monitor which shows complete workout feedback on all data related to the user's profile including speed, time, distance, calories burn, incline, 400m laps covered and heart rate. It also features 10 hot keys for both incline and speed that allow you to instantly select your desired setting with the single press of a button, making it very user friendly too.

Putting you in control makes it easier for you to get the workout you want.

| | |
|---|---|
| | **ELECTRONICS** |
| Display | LCD |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | **PRODUCT DETAILS** |
| Certification | CE, TUV, EN957 |
| Power output | 2.5 HP continuous - 4 HP peak |
| Speed (Km/h) | 0.8 - 18 |
| Inclination | 0-12% electronic |
| Running deck (mm) | 530 x 1430 |
| Max user limit (Kg) | 120 |
| Programming | 23 preset courses, 3 user profiles, 3 HRC |
| Weight (Kg) | 99 |
| Dimensions (mm) | 1830 x 850 x 1340 |
| Dimensions folded (mm) | 1100 x 850 x 1560 |
| Entertainment | iPod stereo connection |

This treadmill also features our Progressive Shock Absorbing system deck which reacts with your every stride to maximise cushioning and support, while the integrated hydraulic shock-absorbing system and Flex Deck Indicator visualise this impact reduction. This in turn reduces the impact on your running joints by up to 15% compared to road running, and means you are less likely to get injured or suffer a recurrence of a previous problem.

The long and wide running deck of 530 x 143 mm offers user comfort when running, and an orthopaedic 3.3 mm thick running belt provides the very best in cushioning, giving you an all round premium specification treadmill at an incredible price.

This running machine from DKN includes quality speakers and audio jack connection for an MP3 player that are conveniently integrated in the console, allowing you to train to your favourite music.

# TREADMILLS

| | |
|---|---|
| | ELECTRONICS |
| Display | LCD |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | PRODUCT DETAILS |
| Certification | CE, TUV, EN957 |
| Power output | 2.5 HP continuous - 4 HP peak |
| Speed (Km/h) | 1 - 18 |
| Inclination | 0-15% electronic |
| Running deck (mm) | 450 x 1300 |
| Max user limit (Kg) | 130 |
| Programming | 19 preset courses, 3 HRC |
| Weight (Kg) | 105 |
| Dimensions (mm) | 1775 x 785 x 1385 |
| Dimensions folded (mm) | 285 x 785 x 1775 |
| Entertainment | iPod stereo connection |

**SPACERUN** The DKN SpaceRun is a real Plug and Run treadmill. Open the carton, slide the machine out, unfold and start exercising.

The SpaceRun folds and unfolds in one single movement, and is unique in the market: this treadmill offers you a comprehensive speed range of 0 - 18 kph, an incline range of 0 - 15 %, an orthopaedic running belt of 3.3 mm, a complete programming set, matching the needs of the more advanced runner. The complete machine can be stored upright, or flat under your bed.

This treadmill matches Urban lifestyle for those who want it all, but donot have the space.

Powered by a 2.5 hp continuous duty motor, with a peak performance of 4 HP, the SpaceRun also has 4 hot keys for both incline and speed allowing you to quickly and easily achieve your desired level, and offers a com-

plete range of 19 different workouts: 14 pre programmed courses, 3 Heart Rate settings, a manual control option and a body fat test.

The extra flat LCD feedback console provides ongoing

feedback on all workout data related to the user's profile, including speed, time elapsed, distance covered, calories burned, incline, 400m laps run and heart rate, enabling you to stay on track of every session.

**RUNTECH 2.5** The DKN RunTech treadmill brings DKN's latest design and technical innovations to your home. The RunTech series has been conceived to fit naturally

within the home, and features thoughtful details that make your workout more enjoyable. Whether running or walking, the RunTech series provide an exceptionally smooth and fluid feel. The extra large and long running deck is equiped with a orthopaedic running belt of 3.7 mm, fully complementing and supporting your natural running stride.

With a full range of workout programs and advanced options, you'll be able to customize your workout and follow your progress as you achieve your fitness goals.

The RunTech 2.5 is powered by a 2.5 hp continuous duty motor, with a peak performance of 4 HP and features a double LCD monitor which shows complete workout feedback on all data: 23 programs including: 1 manual, 11 preset courses, 4 target courses, 3 Hr training courses, 3 user profiles and body fat calculation.

| | |
|---|---|
| | ELECTRONICS |
| Display | LCD |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | PRODUCT DETAILS |
| Certification | CE, TUV, EN957 |
| Power output | 2.5 HP continuous - 4 HP peak |
| Speed (Km/h) | 0.8 - 18 |
| Inclination | 0-12% electronic |
| Running deck (mm) | 530 x 1430 |
| Max user limit (Kg) | 110 |
| Programming | 23 preset courses, 3 user profiles, 3 HRC |
| Weight (Kg) | 105 |
| Dimensions (mm) | 1960 x 870 x 1470 |
| Dimensions folded (mm) | 1100x 870 x 1860 |
| Entertainment | iPod stereo connection |

This treadmill also features our Progressive Shock Absorbing system deck which reacts with your every stride to maximise cushioning and support, while the

integrated hydraulic shock-absorbing

system and Flex Deck Indicator visualise this impact reduction.

The RunTech comes standard with an audio jack connection for an MP3 player that is conveniently integrated in the console, allowing you to train to your favourite music.

# TREADMILLS

| | |
|---|---|
| | ELECTRONICS |
| Display | LCD /TFT |
| Pulse | Hand grip.<br>Chest belt transmitter optional |
| | PRODUCT DETAILS |
| Certification | CE, TUV, EN957 |
| Power output | 3 HP continuous - 5 HP peak |
| Speed (Km/h) | 1 - 20 |
| Inclination | 0-12% electronic |
| Running deck (mm) | 530 x 1460 |
| Max user limit (Kg) | 130 |
| Programming | 23 preset courses, 3 user profiles, 3 HRC |
| Weight (Kg) | 113 |
| Dimensions (mm) | 2020 x 870 x 1470 |
| Dimensions folded (mm) | 1100x 870 x 1890 |
| Entertainment | Multimedia video/audio input (USB, SD) |

## RUNTECH 3/3E

A workout variety, multiple programs that keep routines fresh, varied and challenging for faster results, built-in quality, consistently improved workout performance, a durable design for home use: all this with an ease of use that exceeds the industry standard is the concept of the DKN RunTech 3 and 3E.

Jump-start your exercise with our hot-keys: regardless of your fitness level, you'll find a workout that's right for you. It's solid construction has been timetested for a quiet and troublefree operation.

The innovative design fully complements and supports the features of our Progressive Shock Absorbing system deck which reacts with your every stride to maximise cushioning and support, while the integrated hydraulic shock-absorbing system and Flex Deck Indicator visualise this impact reduction. This supports your natural running stride, reduces impact on joints, increases comfort, and minimizes fatigue.

The 3E comes with an easy-to-read, intuitive TFT console, controlled with just one touch of a button.

The DKN multimedia keypad is easy and user-friendly and offers a unique combination of your personal workout log tracker while enjoying the video or audio (MP3 / WAV / WMA / MP4 / AVI / MKV) you select via the USB or SD card input.

My Zone Program Heart Rate Control programs let you monitor your Heart Rate effectively as you exercise to safely achieve your cardiovascular fitness goals: keeping your heart rate at a constant level for improved cardio-training and weight-loss result

| | T190 | T210 |
|---|---|---|
| Motor | 1.75 HP continuous - 2 HP peak | 1.75 HP continuous - 2.5 HP peak |
| Speed Km/h | 1 - 12 | 0.8 - 16 |
| Incline | 0-4-7% manual | 0-10% |
| Running deck (mm) | 415 x 1200 | 420 x 1250 |
| Max user limit (Kg) | 100 | 100 |
| Handgrip pulse sensors | v | v |
| Wireless HR transmitter | - | Optional |
| Folding system | v | Soft Drop |
| Dimensions (L x W x H/mm) | 1550 x 695 x 1268 | 1600 x 750 x 1340 |
| Dimensions folded(L x W x H/mm) | 840 x 695 x 1450 | 1000 x 750 x 1500 |
| Weight (Kg) | 63 | 67 |
| Programming | 8 preset programs | 18 preset programs |
| My Zone HR programming | - | 2 |
| User Profile | - | 2 |
| Running belt (mm) | 2 | 2.2 |
| Certification | EN-957, CE | TUV, EN-957, CE |

# TREADMILLS

| T-810 | T-830 | SPACERUN |
|---|---|---|
| 2 HP continuous - 3 HP peak | 2.5 HP continuous - 4 HP peak | 2.5 HP continuous - 4 HP peak |
| 0.8 - 16 | 0.8 - 18 | 1 - 18 |
| 0-12% | 0-12% | 0-15% |
| 415 x 1200, Progressive Absorption | 530 x 1430, Progressive Absorption | 450 x 1300 |
| 120 | 120 | 130 |
| v | v | v |
| Optional | Optional | Optional |
| Soft Drop | Soft Drop | 'SlimFold' |
| 1750 x 750 x 1340 | 1830 x 850 x 1340 | 1775 x 785 x 1385 |
| 1000 x 750 x 1510 | 1100 x 850 x 1560 | 285 x 785 x 1775 |
| 81 | 99 | 105 |
| 12 preset programs | 23 preset programs | 23 preset programs |
| 2 | 3 | 3 |
| 2 | 3 | - |
| 2.2 orthopaedic | 3.3 orthopaedic | 3.3 orthopaedic |
| TUV, EN-957, CE | TUV, EN-957, CE | TUV, EN-957, CE |

| | RUNTECH 2.5 | RUNTECH 3 .0 | RUNTECH 3E |
|---|---|---|---|
| | 2.5 HP continuous - 4 HP peak | 3 HP continuous - 5 HP peak | 3 HP continuous - 5 HP peak |
| | 0.8 - 18 | 0.8 - 20 | 0.8 - 20 |
| | 0-12% | 0-12% | 0-15% |
| | 530 x 1430, Progressive Absorption | 530 x 1460 , Progressive Absorption | 530 x 1460 , Progressive Absorption |
| | 110 | 130 | 130 |
| | v | v | v |
| | Optional | Optional | Optional |
| | Soft Drop | Soft Drop | 'SlimFold' |
| | 1960 x 870 x 1470 | 2020 x 870 x 1470 | 2020 x 870 x 1470 |
| | 1100x 870 x 1860 | 1100x 870 x 1890 | 1100x 870 x 1890 |
| | 105 | 113 | 113 |
| | 23 preset programs | 23 preset programs | 23 preset programs |
| | 3 | 3 | 3 |
| | 3 | 3 | 3 |
| | 3.3 orthopaedic | 3.3 orthopaedic | 3.3 orthopaedic |
| | TUV, EN-957, CE | TUV, EN-957, CE | TUV, EN-957, CE |

# Think Moving

Exercise bikes are traditionally one of the most popular forms of exercise equipment, mainly due to their simplicity and ease of use at home. More commonly now, exercise bike users are looking for more than just to sit and pedal away.

Accurate measurement of energy outputs, programme profiles, heart rate controlled options and durability are all important factors when considering which exercise bike to go for.

This low impact exercise is ideal to do at home while you watch TV or read a book, and has stood the test of time as one of the best support to help you get you in to shape.

It is however advisable to keep in mind that you will get what you pay for with an exercise bike, the bells and whistles do have their price, however, DKN offers high value for money bikes: if you are on a budget, a DKN exercise bike is a great way to get in shape for less.

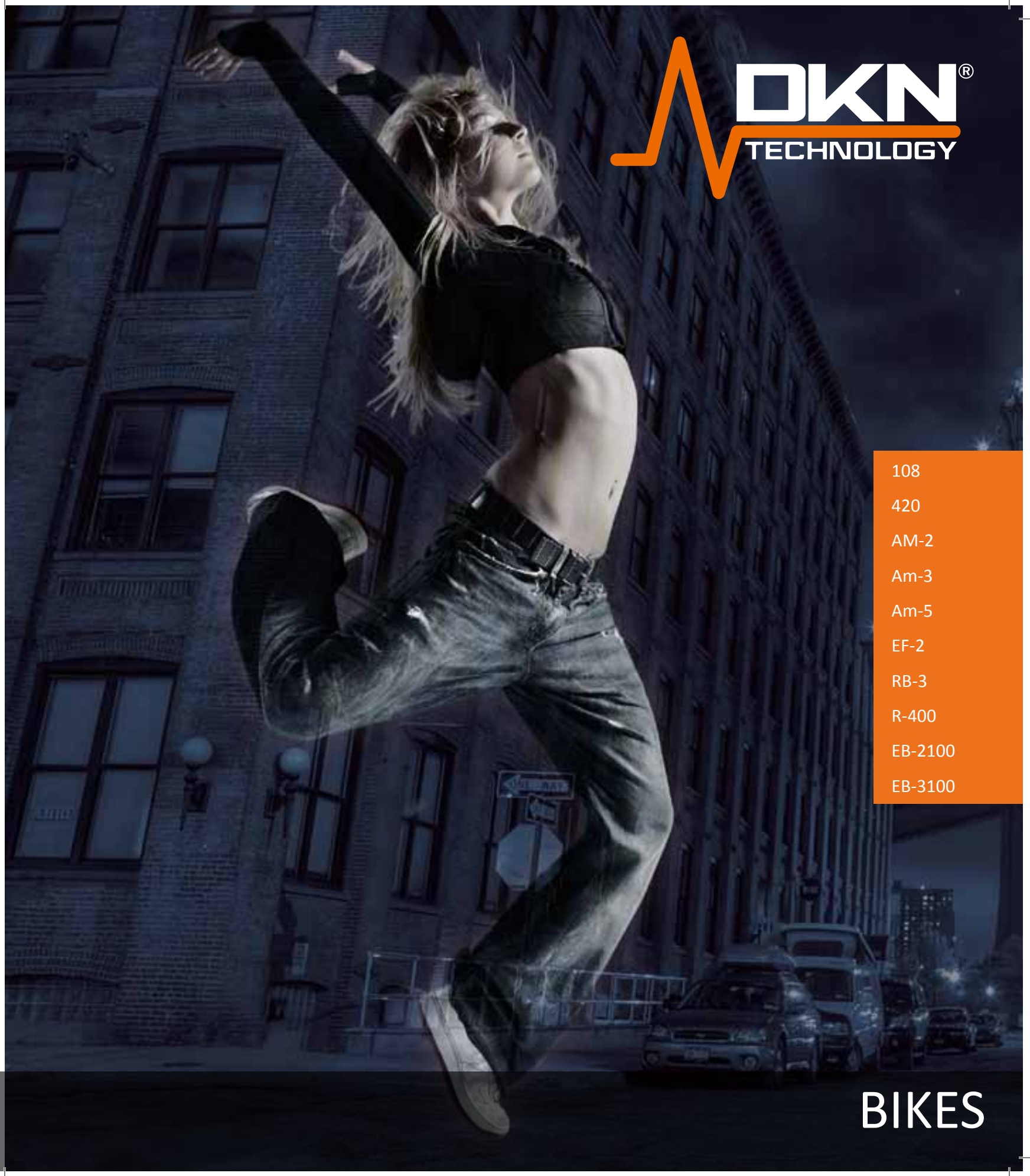
Exercise bikes can also be much safer than other forms of exercise equipment. This makes the exercise bike a great alternative for the elderly exerciser or someone who is new to exercise equipment in general.

Set the exercise bike up in front of the television and watch your favorite show while pedalling. Time will fly by and you won't even know you're been blasting those calories!

You want to be able to stay fit, burn calories and keep healthy by working out. Because of the great benefits of exercise bikes, many people find that they not only use them for years to come but they also end up exercising much more than they thought they would.

Pedal your way to a new you with DKN.

DKN TECHNOLOGY


DKN®
TECHNOLOGY
108
420
AM-2
Am-3
Am-5
EF-2
RB-3
R-400
EB-2100
EB-3100
BIKES

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors |
| Data | Manual magbike, 6 kg flyweelset, 8 interval resistance settings, 33 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | - |
| User | - |
| Programming | - |
| Pulse | v |
| Recovery | - |
| Max user limit (kg) | 120 |
| Dimensions (mm) | 850 x 520 x 1300 |

**108** The DKN magbike 108 brings simplicity in use.

This bike is equiped with a manual-magnetic resistance system, based on a 6 kg flywheel set. Resistance can be set in 8 intermediate steps.

The handlebar and seat are adjustable (the saddle both horizontal as vertical), making this bike match every user.

DISPLAY
Equiped with 'hand-grip' pulse sensors, the user can monitor speed, distance, exercise time, calorie burn and pulse.

TENSION CONTROL
Resistance is manually controlled in 8 steps.

CRANK
DKN applies standard for all it's bikes a high grade crank, using sealed bearings to assure a fluid pedal movement.

**M420** The DKN M420 is an entry-level manual magnetic exercise bike, but exells in it's simplicity in use. Compact, easy to handle and store away, and a low front entry make this bike a perfect match for elderly persons or people who need initial rehab.

This bike is equiped with a manual-magnetic resistance, based on a 7 kg flywheel set. Resistance can be set in 8 intermediate steps.

| ELECTRONICS | |
|---|---|
| Pulse | Handgrip sensors |
| Data | Manual magbike, 7 kg flyweelset, 8 interval resistance settings, 35 kg |
| **PRODUCT DETAILS** | |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | - |
| User | - |
| Programming | - |
| Pulse | v |
| Recovery | - |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 950 x 550 x 1370 |

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 8 kg flyweel set, 32 interval resistance settings, 37 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 950 x 550 x 1370 |

**AM-2** DKN's entry level ergometer designed to provide you with a smooth, quiet and comfortable ride every time you get on.

The AM-2 features a color workout console. The large LCD window display provides you with constant and accurate feedback on your speed / rpm, time elapsed, distance covered, theoretical calorie burn, watts / energy expended and heart rate.

The integrated hand grip pulse sensors on the adjustable handlebars allow you to easily measure your heart rate during training, and display the feedback directly on to the console.

If you prefer a more accurate and convenient method of measuring heart rate, there is an optional telemetric wireless chest belt that can be purchased separately.

The AM-2 offers you a range of professionally designed programmes to help keep you motivated. With 12 preset profiles, 4 heart rate control options including heart rate recuperation test, each setting is programmable up to 32 intensity levels and 20 time-intervals.

The digital resistance range from 10 to 350 Watts with 5 Watt interval steps is changed directly from the console and allows you to accurately specify your desired intensity.

**AM-3** The DKN AM-3 is a high intensity home use cycle designed to not only look great but perform to the highest standards as well. With a super smooth action produced by the large 11 kg fly wheel, and a heavy duty hi-tensile steel frame for extra robustness and stability, the AM-3 will help you achieve your fitness goals safer, faster and more comfortably.

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 11 kg flyweel set, 16 interval resistance settings, 43 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 980 x 590 x 1480 |

With the AM-3 you get the added benefit of being able to store your own profile on the console, allowing you to get the most out of your bike, with each option programmable up to 16 intensity and time intervals. By working with your own settings, the programmes and feedback are tailored to you. As well as the user specific setting, the AM-3 also has 12 professionally designed preset workout profiles and 4 heart rate control options including heart rate recuperation test.

The AM-3 adds a great level of user comfort too, and comes with a soft gel covered saddle and is equiped with a 'one-touch' seat height adjustment, as well as a seat reach and handlebar adjustment, ensuring this ergometer offers the ideal riding position for almost every individual

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 11 kg flyweel set, 24 interval resistance settings, 39 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 980 x 620 x 1520 |

**AM-5** The DKN AM-5 Ergometer Exercise Bike is the top specification bike in the range, and is a heavy duty home use exercise cycle made with the very best commercial grade components for superb durability.

Feature packed with motivational tools to keep you challenged, the AM-5 allows you to develop with the machine.

The all-new multi coloured LCD display console is adapted to meet the very latest quality standards and features the intuitive intelli-key lighting system showing you what zone to train in. It offers you 16 professionally designed programmes including 4 heart rate controlled options, and multiple user profiles allowing different people to store their own key info on the machine for workout customisation, with each option programmable up to 16 intensity and time intervals.

The digital resistance range available on the DKN-Technology AM-5 allows you to easily select and adjust the digital resistance directly from the console, and offers an intensity range of 10 to 350 Watts.

**EF-2** The DKN EF-2 features a state of the art yet easy to use workout console with twist and push controller. The large LCD window display provides you with constant and accurate feedback on your speed / rpm, time elapsed, distance covered, theoretical calorie burn, watts / energy expended and heart rate.

| | |
|---|---|
| **ELECTRONICS** | |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 11 kg flyweel set, 16 interval resistance settings, 43 kg |
| **PRODUCT DETAILS** | |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 140 |
| Dimensions (mm) | 980 x 590 x 1410 |

The EF-2 offers you a range of professionally designed programmes to help keep you motivated. With 12 preset profiles, 4 heart rate control options including heart rate recuperation test, each setting is programmable up to 16 intensity levels and 16 time-intervals. The EF-2 also features the DKN-Technology 'Personal-Coaching Exercise' programming that actually works with you to make sure you get the best and fastest results for you.

For ultimate user comfort, the EF-2 comes with a soft gel covered saddle, and is equiped with a 'one-touch' seat height adjustment, as well as a seat reach and handlebar adjustment, ensuring this ergometer offers the ideal riding position for almost every individual.

The EF-2 provides a solid, smooth, silent and very stylish ride.

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 11 kg flyweel set, 16 interval resistance settings, 56 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 1800 x 660 x 1180 |

**RB-3** The DKN RB-3 recumbent exercise bike is not only incredibly stylish looking with its sleek and classic easy step through design, but the reworked ergonomic design make it perfect for longer workouts with reduced chance of injury. The upright back support and integrated hand rests offer an easy and comfortable riding position, and makes the RB-3 incredibly easy to use and train with.

The digital resistance range available on the DKN RB-3 allows you to easily select and adjust the digital resistance directly from the console, and offers an intensity range of 10 to 350 Watts in 5 Watt interval steps, meaning you can accurately specify your desired intensity.

The console itself provides constant and accurate feedback on your workout data including your speed / rpm, the time elapsed, your distance covered, theoretical calorie burn, watts / energy expended and heart rate.

**R-400** The DKN R-400: an air-magnetic rower. Using natural air resistance through aerodynamic fans, connected to a magnetical flywheel, enables the integration of a fully electronic programming. The large LCD window display provides you with constant and accurate feedback on your time elapsed, distance covered,time over distance, the number of rowing strokes, theoretical calorie burn, and heart rate.

The extra long, double seat rail, constructed of high grade aluminium, allows a very fluid, smooth and great amplitude, making this rower a perfect match for every user.

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Wireless HR (optional transmitter) |
| Data | Air-magnetic rower, 11 kg flywheel set connected to air resistance, 16 resistance levels, virtual race mode, 53 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 140 |
| Dimensions (mm) | 2500 x 590 x 960 |

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class S, 14 kg generator set, 16 interval resistance settings, 68 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 1380 x 570 x 1120 |

**EB-2100** Dkn brings industrial design concepted for every user: Adaptable Fysionomics.

"Green Power": the Dkn clubline is generator powered, exchanging the energy of the user for data control. An integrated rechargeable battery, powered by the movement, offers back-up for the data storage.

The Dkn Clubline bikes have been equiped with the back-thoughts of ergonomics, offering durable seats, micro-adjustable positions, allowing a great movement for every user.

**EB-3100** The DKN EB-3100: it's ergonomical design, and new biotechnics applied in the Clubline have been the basic concept for a well designed ergonomical awareness.

The Dkn clubline comes with a single panel design : all cardio equipment has been designed for easy access operation, allowing the user to operate every machine intuitively. 'Personal-Coaching' : a multifunctional color LCD, monitoring all functions simultaneously : speed, timer, distance, calorie burn watt and heartrate.

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Wireless HR (optional transmitter) |
| Data | Ergometer class S, 14 kg generator set, 16 interval resistance settings, 94 kg |
| | PRODUCT DETAILS |
| Time | v |
| Speed | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 1450 x 580 x 980 |

# **BIKES** ERGOMETERS **RECUMBENT** ROWING

| | 108 | 420 | AM2 | AM3 | AM5 |
|---|---|---|---|---|---|
| Resistance levels | 8 | 8 | 32 | 16 | 24 |
| Set flywheel (kg) | 6 | 7 | 8 | 11 | 11 |
| Time | v | v | v | v | v |
| Speed | v | v | v | v | v |
| Distance | v | v | v | v | v |
| Calorie | v | v | v | v | v |
| Watt | - | - | v | v | v |
| User | - | - | 4 | 1 | 1 |
| Programming | - | - | 12 + 4 HRC | 12 + 4 HRC | 12 + 4 HRC |
| Weight (kg) | 33 | 35 | 37 | 43 | 39 |
| Max user limit (kg) | 120 | 150 | 150 | 150 | 150 |
| Dimensions (mm) | 850 x 520 x 1300 | 950 x 550 x 1370 | 950 x 550 x 1370 | 980 x 590 x 1480 | 980 x 620 x 1520 |

| | EF-2 | RB3 | R400 | EB2100 | EB3100 |
|---|---|---|---|---|---|
| | 16 | 16 | 16 | 16 | 16 |
| | 11 | 11 | 11 + air resistance | 14 kg generator | 14 kg generator |
| | v | v | v | v | v |
| | v | v | v | v | v |
| | v | v | v | v | v |
| | v | v | v | v | v |
| | v | v | - | v | v |
| | 1 | 1 | 1 | 4 | 4 |
| | 12 + 4 HRC | 12 + 4 HRC | 12 + 4 HRC | 12 + 4 HRC | 12 + 4 HRC |
| | 43 | 56 | 53 | 68 | 94 |
| | 140 | 150 | 140 | 150 | 150 |
| | 980 x 590 x 1410 | 1800 x 660 x 1180 | 2500 x 590 x 960 | 1380 x 570 x 1120 | 1450 x 580 x 980 |

# Think Freedom

SpeedBikes offer the truest action of all bikes, and are designed to most closely replicate the natural action of riding on the road. The perpetual motion fly wheel action provides the smoothest pedal movement and also elevates the heart quicker than traditional exercise bikes, meaning you get results faster.

One benefit of DKN SpeedBikes is that they provide low impact on the joints and ligaments of the lower body. This can result in less chance of sustained injury over time and can also be great for people with movement or joint problems, arthritis, circulation problems and the like.

The DKN range consists of 4 models, and offers fantastic products and value for money.

The entry level Z-11C is a stylish and compact home use SpeedBike with a large 18.5kg fly wheel, safety lever and adjustable resistance .

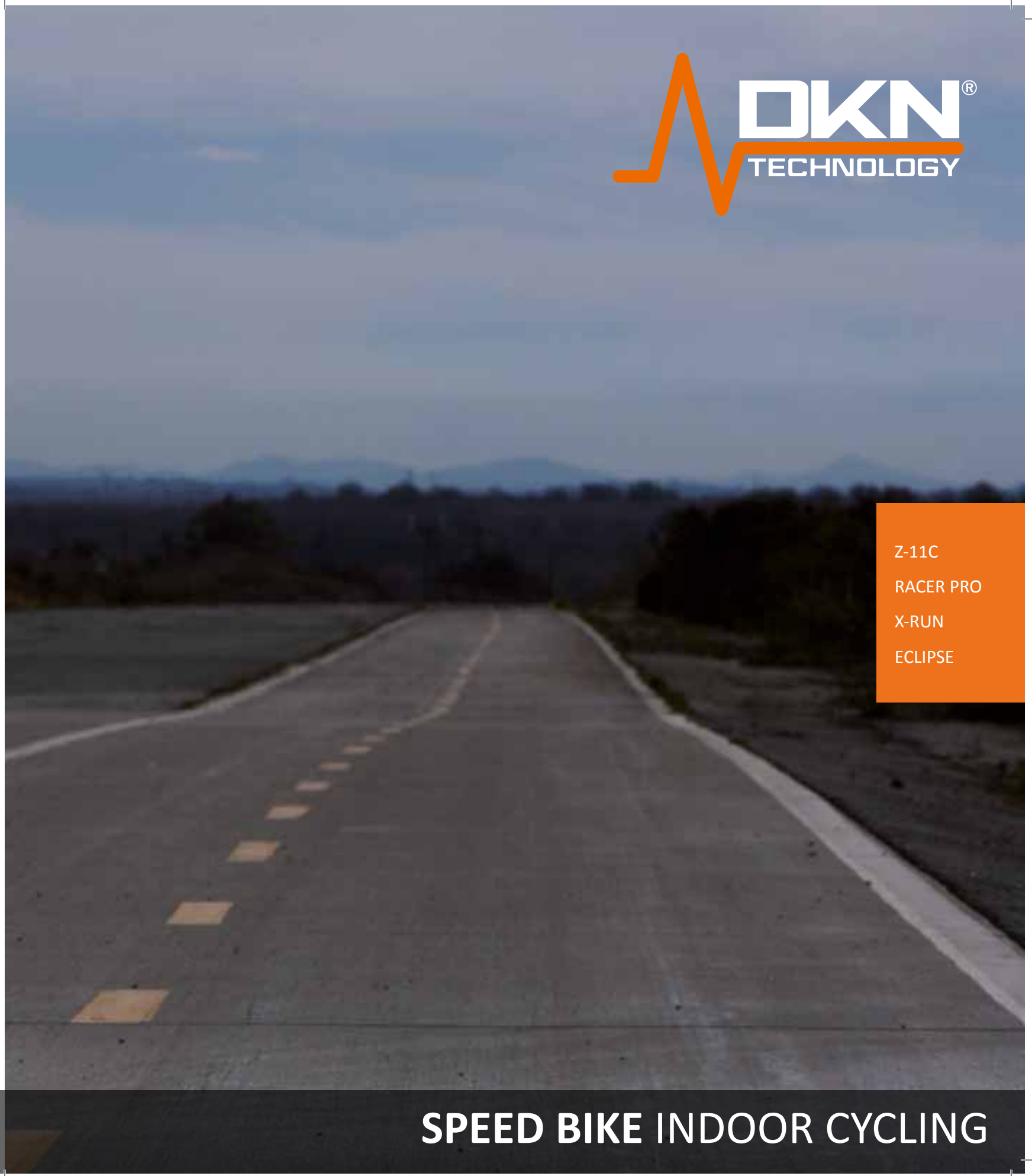
The Racer Pro SpeedBike offers advanced user features including a larger 20kg fly wheel, V-brake stopping system, and an optional console that feeds back on current speed, trip distance, total distance, average speed, top speed, and time elapsed.

The X-Run SpeedBike offers a larger 23kg fly wheel weight, and has an adjustable sprung mounted seat post for added ride comfort.

Lastly the Eclipse SpeedBike is a full commercial grade exerciser suitable for any environment, and has a large 23kg fly wheel and incredibly robust design that can take endless amounts of punishment.

Enjoy the ride of your life with DKN.

DKN TECHNOLOGY


DKN®
TECHNOLOGY
Z-11C
RACER PRO
X-RUN
ECLIPSE
SPEED BIKE INDOOR CYCLING

# **SPEED BIKE** INDOOR CYCLING

| | |
|---|---|
| | PRODUCT DETAILS |
| Dimensions (mm) | 1020 x 480 x 1380 |
| Weight (kg) | 42 |
| | MECHANICAL SPECS |
| Drive | Chain |
| Resistance control | Manual tension, double brake |
| Max user limit (kg) | 120 |
| SKF bearings | - |
| Set Flywheel (kg) | 18.5 |

**Z-11C** The DKN Z-11C SpeedBike is a stylish and super smooth ride that feels just like the real thing. With a chain-drive transmission and a true balanced 18.5 kg fly wheel, the layered crank and adjustable resistance control incorporating the safety lever brake system, the

Z-11C has all the features one would expect from a heavy duty indoor bike, except the price tag.

Equiped with 'one-touch' seat height and handlebar adjustment: the simple pull pin setup makes it quick and effortless to adjust the bike to different user needs. The seat can also be adjusted horizontally to find the perfect ride position every time for every user.

**RACER PRO** The DKN Racer Pro SpeedBike not only looks superb, but has a smooth and silent action that replicates the natural action of road biking. With a large 20kg true balanced fly wheel and a solid steel construction, with the Racer Pro you get a solid and smooth ride with every use. The safety V-Brake and adjustable tension means you can find the perfect intensity level for your session, and when required stop the fly wheel easily, safely and conveniently.

With fully adjustable seat height and reach and handlebar height, you can set up the perfect racing position to suit your height, and this is quickly and easily adjusted for different user requirements.

| PRODUCT DETAILS | |
|---|---|
| Dimensions (mm) | 1020 x 480 x 1100 |
| Weight (kg) | 47 |
| **MECHANICAL SPECS** | |
| Drive | Belt |
| Resistance control | Manual tension, V-brake |
| Max user limit (kg) | 120 |
| SKF bearings | - |
| Set Flywheel (kg) | 20 |

# **SPEED BIKE** INDOOR CYCLING

| PRODUCT DETAILS | |
|---|---|
| Dimensions (mm) | 1040 x 480 x 1080 |
| Weight (kg) | 53 |
| **MECHANICAL SPECS** | |
| Drive | Chain |
| Resistance control | Manual tension, double brake |
| Max user limit (kg) | 120 |
| SKF bearings | v |
| Set Flywheel (kg) | 23 |

**X-RUN** The X-Run SpeedBike is a heavy duty light commercial grade machine made of high grade steel and top quality bearings and materials. This robust bike has a large maximum user weight thanks to the extra heavy hi-tensile frame, and offers additional comfort due to a height and reach adjustable sprung mounted seat post, and height adjustable handlebars. This allows every user the ability to find the ideal ride position for them.

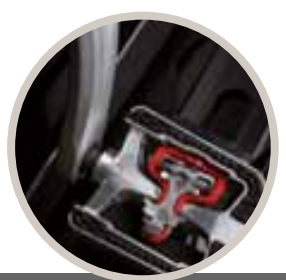
The X-Run comes with a high-polished true balanced 23 kg heavy duty fly wheel, and is equiped with triple layer bearings, a direct-drive chain, and double brakes. This produces an incredibly smooth and silent motion that best replicates road biking, and offers you the ultimate exercise.

**ECLIPSE** The DKN Eclipse SpeedBike is the top of the range commercial grade racer suitable for any environment. From the moment you start pedalling the Eclipse, it's obvious you're in for a ride you've never felt before.

The double poly-V belt drive system offers you a quality pedalling motion and silent operation, while the dual-sided pedals with larger platform offer you the choice of traditional toe clip or SPD compatibility, a unique feature on this premium SpeedBike.

The Eclipse has all of the build quality, design and features you expect from a premium top class indoor racer. The frame is designed and engineered on the proven next generation platform design with double spars for added overall stability. The Patented one-touch tension and emergency stop twist-lever quick stop safety release braking system provides a dependable performance for unsupervised riders, while the hard-layered high density steel 23 kg flywheel is triple centred for ultimate smoothness.

| PRODUCT DETAILS | |
|---|---|
| Dimensions (mm) | 1040 x 480 x 1080 |
| Weight (kg) | 53 |
| **MECHANICAL SPECS** | |
| Drive | Belt |
| Resistance control | Manual tension, top-brake |
| Max user limit (kg) | 150 |
| SKF bearings | v |
| Set Flywheel (kg) | 23 |



# **SPEED BIKE** INDOOR CYCLING

| | Z-11C | RACER PRO |
|---|---|---|
| Flywheel (kg) | 18.5 | 20 |
| SKF bearings | - | - |
| Adjustable seatposition | v | v |
| Adjustable handlebar | v | v |
| Resistance control | Manual tension, double brake | Manual tension, V-brake |
| Emergency stop | v | v |
| Dimensions (mm) | 1020 x 480 x 1380 | 1020 x 480 x 1100 |
| Weight (kg) | 42 | 47 |
| Max user limit (kg) | 120 | 120 |
| Transportwheels | v | v |
| Drive | chain | belt |
| SPD pedals | - | - |

| | X-RUN | ECLIPSE |
|---|---|---|
| | 23 | 23 |
| | v | v |
| | v | v |
| | v | v |
| | Manual tension, double brake | Manual tension, top-brake |
| | v | v |
| | 1040 x 480 x 1080 | 1040 x 480 x 1080 |
| | 53 | 53 |
| | 120 | 150 |
| | v | v |
| | chain | belt |
| | - | v |

# Think Premium

Elliptical machines mimic the normal elliptical motion of the foot, the extension of the leg, and the rotation of the hip during walking or running. This motion uses all the leg muscles, giving you a total lower-body workout.

But, elliptical motion machines also simultaneously work the upper body. As the feet go through their elliptical motion, the hands grip the moving handlebars, exercising the arms. The movement of the dual handlebars mimics cross-country skiing, and because you are including the upper 30% of your body in your workouts, the results will be more efficient.

Because elliptical trainers do work the upper and lower body simultaneously, the heart rate climbs more quickly. Thus, less time is required to achieve more results. The amount of energy expended is optimized.

DKN's Ellipticals are equiped with multi-colored consoles, including the intuitive Intelli-Key lighting system: easy to use and including motivating display readings and exercise programs that will help you achieve your health and fitness goals.

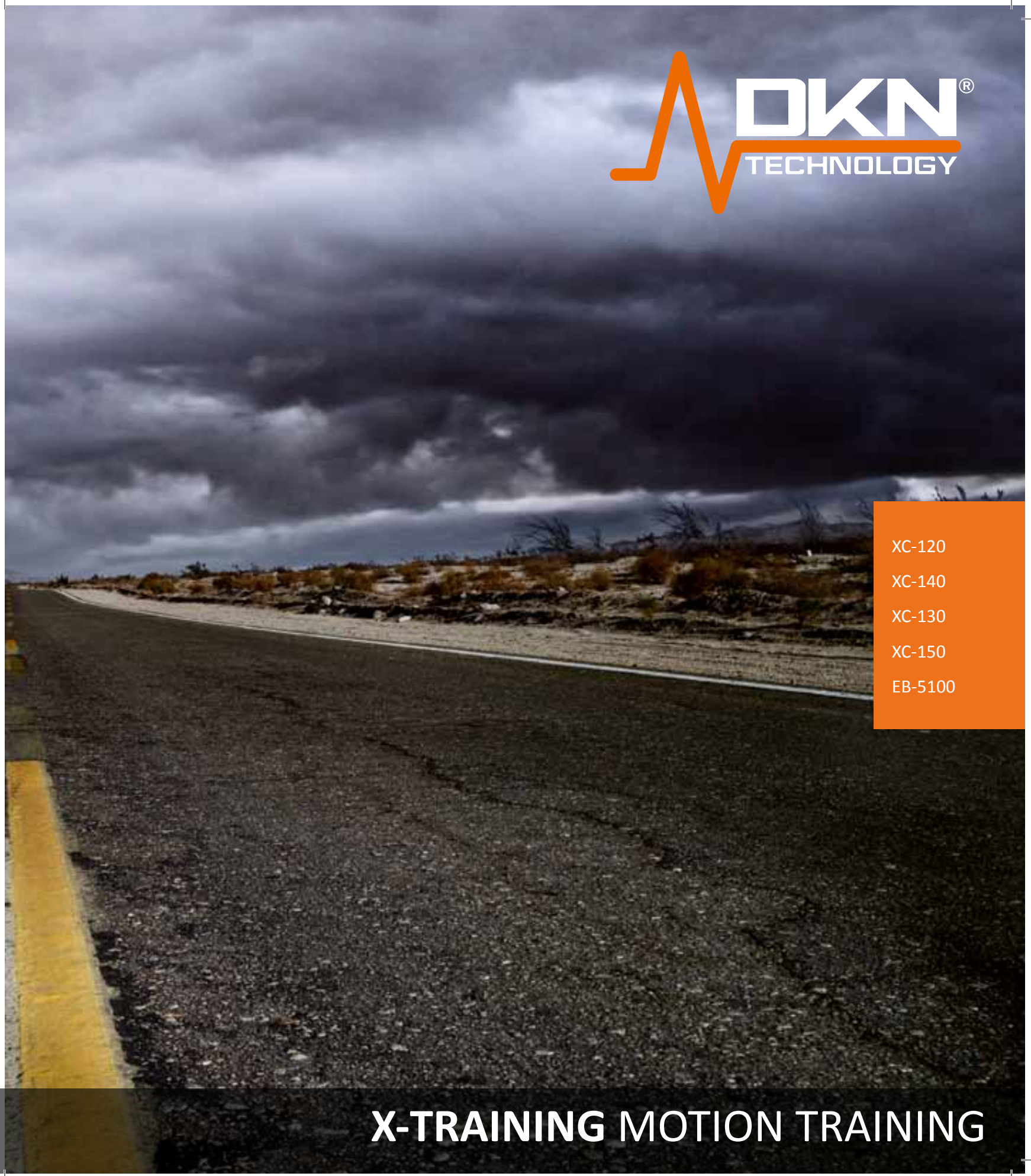
The Program Variety includes Weight Management, Heart Health, Uphill Interval, Pyramid Climb, Rolling Hills, Plateau Climb and Interval runs, each with variable intensity levels.

DKN also offers Customized User Programs: create two different workout programs for your own exercise regiment to use repeatedly. In the user program, you set the resistance level for each of the twenty program segments, building an exercise program that works for you!

My Zone Program heart rate control programs let you use your heart rate effectively as you exercise to safely achieve your cardiovascular fitness goals: keeping your heart rate at a constant level, or entering your own minimum and maximum heart rate.

Get a fantastic total body workout with DKN.

DKN TECHNOLOGY


DKN®
TECHNOLOGY
XC-120
XC-140
XC-130
XC-150
EB-5100
X-TRAINING MOTION TRAINING

# **X-TRAINING** MOTION TRAINING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 14 kg flywheel set, 16 interval resistance settings, 52 kg |
| | PRODUCT DETAILS |
| Time | v |
| RPM | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 140 |
| Dimensions (mm) | 1370 x 560 x 1580 |

**XC-120** The DKN XC-120 is a state of the art home use cross trainer that is solid, smooth and easy to use, yet feature packed to suit your training needs. The 18" stride length ensures a full extension of the legs during workouts, while the large 14 kg fly wheel provides a smooth and quiet action and a natural feel.

The XC-120 provides a resistance range of 10 to 350 Watts adjustable in 5 Watt interval steps, and means you can get a far more precise workout and feedback, and offers a wide range of intensities for all user types.

This machine is build on an extended frame basis and added 95 cm long stride supports with pivoting supports, allowing your foot position to maintain the right angle during your work out.

The added horizontally adjustable pedals, high endurance sealed bearings and Teflon housing with slim line narrowed body make the XC-120 action feels incredibly smooth, comfortable and natural, and means the user has a centered, well balanced, vertical position at all times

**XC-140** With 12 professionally designed programms featuring 14 levels and 20 time-intervals, as well as heart rate control options preset on the backlit console, you can quickly and easily work towards your fitness goals.

The Multi colour LCD console itself feeds back key information on your workout to help you stay on track, and provides clear readings on your speed / rpm, distance covered, time elapsed, distance covered, theoretical calorie burn, watts / energy output and heart rate.

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class A, 14 kg flywheel set, 24 interval resistance settings, 55 kg |
| | PRODUCT DETAILS |
| Time | v |
| RPM | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 140 |
| Dimensions (mm) | 1420 x 560 x 1640 |

# **X-TRAINING** MOTION TRAINING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Motion trainer class A, 12 kg flywheel set, 24 interval resistance settings, 59 kg |
| | PRODUCT DETAILS |
| Time | v |
| RPM | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 140 |
| Dimensions (mm) | 1300 x 470 x 1650 |

**XC-130** DKN's XC-130 is front runner motion trainer: an ergonomic stride capable of a high-endurance work-out, but on a compact machine, matching anyone who has space limitations.

The concentric arm movement offers the user a centered, wel balanced straight upward position and a very natural motion. This construction is reducing strain on joints, ligaments, and tendons, and offers an increased range of motion. The new high endurance handlebars allow on interdistance giving anyone to find a perfect natural trainingsposition on, repositioning the body balance between the upperarms and the lower body, to avoid lower back stress.

The XC-130 comes with a single panel design, designed for easy access operation, allowing the user to operate every machine intuitively.

'Personal-Coaching' : a multifunctional color LCD, monitoring all functions simultaneously : RPM, timer, distance, calorie burn watt and heartrate.

Programmable up to 24 levels ans 16 time-intervals, 12 preprogrammed courses, 4 HRC settings, including heart-rate recuperation and a manual tension control,adjustable in 5-Watt interval steps.

**XC-150** The XC-150 Elliptical Cross Trainer is the top of the range model in the XC series, and offers a truly exceptional motion, specification and performance for every user type. This heavy duty front fly wheel cross trainer with pivoting footplates not only offers a large 20" stride length with 34kg of rotating mass, but also offers the ability for 2 separate users to store their information and get precise readings and workouts suited to their own data.

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class S, 12 kg flywheel set, 16 interval resistance settings, 64 kg |
| | PRODUCT DETAILS |
| Time | v |
| RPM | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 1 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 1780 x 690 x 1870 |

The XC-150 is designed to offer the performance and durability of a semi commercial machine, this premium cross trainer with heavy duty 12 kg fly wheel gives you a great workout every time. Build on an extended frame, it allows an ergonomic stride length of 20" (50.5cm). Pivoting foot supports allow your feet to change angles while you work out and maintain contact, ensuring the correct support. With high endurance sealed bearings and Teflon housings, it gives this front disc strider a uniquely smooth movement and a very silent operating system.

The DKN XC-150 provides an automatically controlled resistance range of 10 to 350 Watts adjustable in 5 Watt interval steps, and means you can get a far more precise workout, and offers a wide range of intensities for all users.

# **X-TRAINING** MOTION TRAINING

| | |
|---|---|
| | ELECTRONICS |
| Pulse | Handgrip sensors, wireless HR optional |
| Data | Ergometer class S, 14 kg generator set, 16 interval resistance settings, 114 kg |
| | PRODUCT DETAILS |
| Time | v |
| RPM | v |
| Distance | v |
| Calorie | v |
| Watt | v |
| User | 4 |
| Programming | 12 + 4 HRC |
| Pulse | v |
| Recovery | v |
| Max user limit (kg) | 150 |
| Dimensions (mm) | 2190 x 650 x 1720 |

**EB-5100** DKN's clubline: build on an extended frame basis, allowing an ergonomic stride length, that matches a high-endurance work-out, offering the user a centered, well balanced straight upward position and a very natural motion.

This construction is reducing strain on joints, ligaments, and tendons, and offers an increased range of motion.

# Think Green

## GREEN POWER

DKN brings industrial design, designed for every user: Adaptable Fysionomics.

“Green Power”: the DKN clubline is generator powered, exchanging the energy of the user for data control. An integrated rechargeable battery, powered by the movement, offers back-up for the data storage.

The new high endurance handlebars allow on interdistance giving anyone to find a perfect natural trainingsposition on the DKN clubline, repositioning the body balance between the upperarms and the lower body, to avoid lower back stress.

The DKN Clubline has been equiped with the back-thoughts of ergonomics, offering durable seats, micro-adjustable positions, allowing a great movement for every user.

The ergonomical design, and new biotechnics applied in the Clubline have been the basic concept for a well designed ergonomical awareness.

The DKN clubline comes with a single panel design : all cardio equipment has been designed for easy access operation, allowing the user to operate every machine intuitively. ‘Personal-Coaching’: a multifunctional color LCD, monitoring all functions simultaneously: speed, timer, distance, calorie burn watt and heartrate.

**DKN, Reaching for better**

# **X-TRAINING** MOTION TRAINING

| | XC-120 | XC-140 |
|---|---|---|
| Display | My Zone LCD | My Zone LCD |
| Resistance levels | 16 | 24 |
| Set flywheel (kg) | 12 | 14 |
| Time | v | v |
| RPM | v | v |
| Distance | v | v |
| Calorie | v | v |
| Watt | v | v |
| User | 4 | 4 |
| Programming | 12 + 4 HRC | 12 + 4HRC |
| Weight (kg) | 52 | 55 |
| Max user limit (kg) | 140 | 140 |
| Dimensions (mm) | 1370 x 560 x 1580 | 1420 x 560 x 1640 |

| | XC-130 | XC-150 | XC-150 |
|---|---|---|---|
| | My Zone LCD | My Zone LCD | DKN Clubline |
| | 24 | 16 | 16 |
| | 12 | 12 | 14 kg generator |
| | v | v | v |
| | v | v | v |
| | v | v | v |
| | v | v | v |
| | v | v | v |
| | 4 | 1 | 1 |
| | 12 + 4 HRC | 12 + 4 HRC | 12 + 4 HRC |
| | 59 | 64 | 114 |
| | 140 | 150 | 150 |
| | 1300x470x1650 | 1780 x 690 x 1870 | 2190 x 650 x 1720 |

# Think Strong

DKN-Technology is an international manufacturer and designer of stylish, high quality fitness equipment that offers you some of the very best products in the home equipment market, and all representing great value for money.

With an aim to provide machines that not only suit your need but actually exceed your expectation, DKN put together a collection of top quality, robust and stylish products that are ultimately designed to be easy to use, packed full of motivational features, and help you achieve your fitness goals fast!

Sometimes when we think of being healthy, we think of eating and running. While these are important, strength training should never be left out neither.

The benefits of a good strength training program are almost endless. Less disease, happiness, feeling well, and better motivated. Dkn concepted a series of strength machines adapted to the confinements of the home user: saving space, noice reducing, smooth movements.

Regular strength training will help you in day to day activities around the house and in your yard. It will keep you independent which is especially important in the older population. Just imagine not being able to lift a 5 pound bag of flour or take the garbage out by yourself...

Lower the risk of osteoporosis, hypertension and diabetes, help you avoid lower back pain, increase bone density which is important for post menopausal women, increase muscle mass which burns more calories throughout the day than an equal amount of fat.

Strengthen your health with DKN.

DKN TECHNOLOGY

DKN®
TECHNOLOGY
POWER TOWER
STUDIO
INVERSION
BENCH
DUMBBELL
LOVE HANDLER
STRENGTH

# STRENGTH

| | POWER TOWER |
|---|---|
| Dimensions (mm) | 1090 x 930 x 2130 |
| Weight (kg) | 34 |
| Max user limit (kg) | 120 |

| | OLYMPIC BENCH |
|---|---|
| Dimensions (mm) | 1160 x 1800 x 1700 |
| Weight (kg) | 52 |
| Max user limit (kg) | 150 |

| | FLAT BENCH |
|---|---|
| Dimensions (mm) | 450 x 1420 x 580 |
| Weight (kg) | 17 |
| Max user limit (kg) | 150 |

| | SQUAT TOWER |
|---|---|
| Dimensions (mm) | 1090 x 930 x 2130 |
| Weight (kg) | 34 |
| Max user limit (kg) | 120 |

| | INVERSION TABLE |
|---|---|
| Dimensions (mm) | 1200 x 600 x 1400 |
| Weight (kg) | 26 |
| Max user limit (kg) | 130 |

**POWER TOWER** DKN's multifuntional VKR station.
Stable oversized tubular steel construction.

**SQUAT TOWER** Free standing squat, maximal load 150 kg.

OLYMPIC BENCH

SQUAT TOWER

FLAT BENCH

**OLYMPIC BENCH** Multifunctional free-weight lifting bench. Seat and back-rest ajustable, vertical and horizontal. Separate squat rack.

**FLAT BENCH** Free weight power training bench, with dumbbell rack underneath.

**INVERSION TABLE** Inversion therapy is a great help to counter spinal compression through therapeutic benefits of traction and stretching.

This relieves pressure on the discs and nerve roots, alleviating lower back pain, improving circulation and relieving stress.

# STRENGTH

| | Love Handler |
|---|---|
| Dimensions (mm) | 1100 x 1150 x 620 |
| Weight (kg) | 22 |
| Max user limit (kg) | 120 |

| | STUDIO 6300 |
|---|---|
| Dimensions (mm) | 1520 x 910 x 1860 |
| Weight (kg) | 85 |
| Max user limit (kg) | 120 |
| Load (kg) | 45 |

| | STUDIO 7300 |
|---|---|
| Dimensions (mm) | 1300 x 1050 x 2100 |
| Weight (kg) | 96 |
| Max user limit (kg) | 150 |
| Load (kg) | 45 |

| | STUDIO 8300 |
|---|---|
| Dimensions (mm) | 1300 x 1050 x 2100 |
| Weight (kg) | 97 |
| Max user limit (kg) | 150 |
| Load (kg) | 50 |

## LOVE HANDLER

DKN's Handler Ab Machine: moving from side to side you target and work out different muscle groups, giving you a complete strengthening workout that is great at burning off that hard to target areas.

With this machine it is quick and easy to get results, and eliminates the joint stress of traditional abdominal targeted exercises like sit ups or trunk twists. This machine has been sourced and developed to specifically target and tone the mid section of the body while simultaneously building core body strength and stamina.

Unique design tones, strengthens and shapes your key abdominal groups as well as your back, shoulders, chest, arms and hips. Unique swinging motion, comfortable, zero impact exercise.

STUDIO 6300

STUDIO 8000

STUDIO 7300

**DUMBBELL 24 kg** Multifunctional adjustable dumbbell, ranging from 2.5 to 24 kg.

**DUMBBELL 40 kg** Multifunctional adjustable dumbbell, ranging from 4.5 to 40.8 kg.

**DUMBBELL STAND** Storage stand for adjustable dumbbells.

# Think Intense

Moving, exercising, or even just standing on a DKN vibrating platform will change your body fast. A safe and effective way to stimulate muscles, you can be confident that whole body vibration exercising will compliment and accelerate whatever exercise you do to get you in shape fast. The ultimate toning, sculpting and rehabilitative machine, whole body vibration is renowned to get results fast.

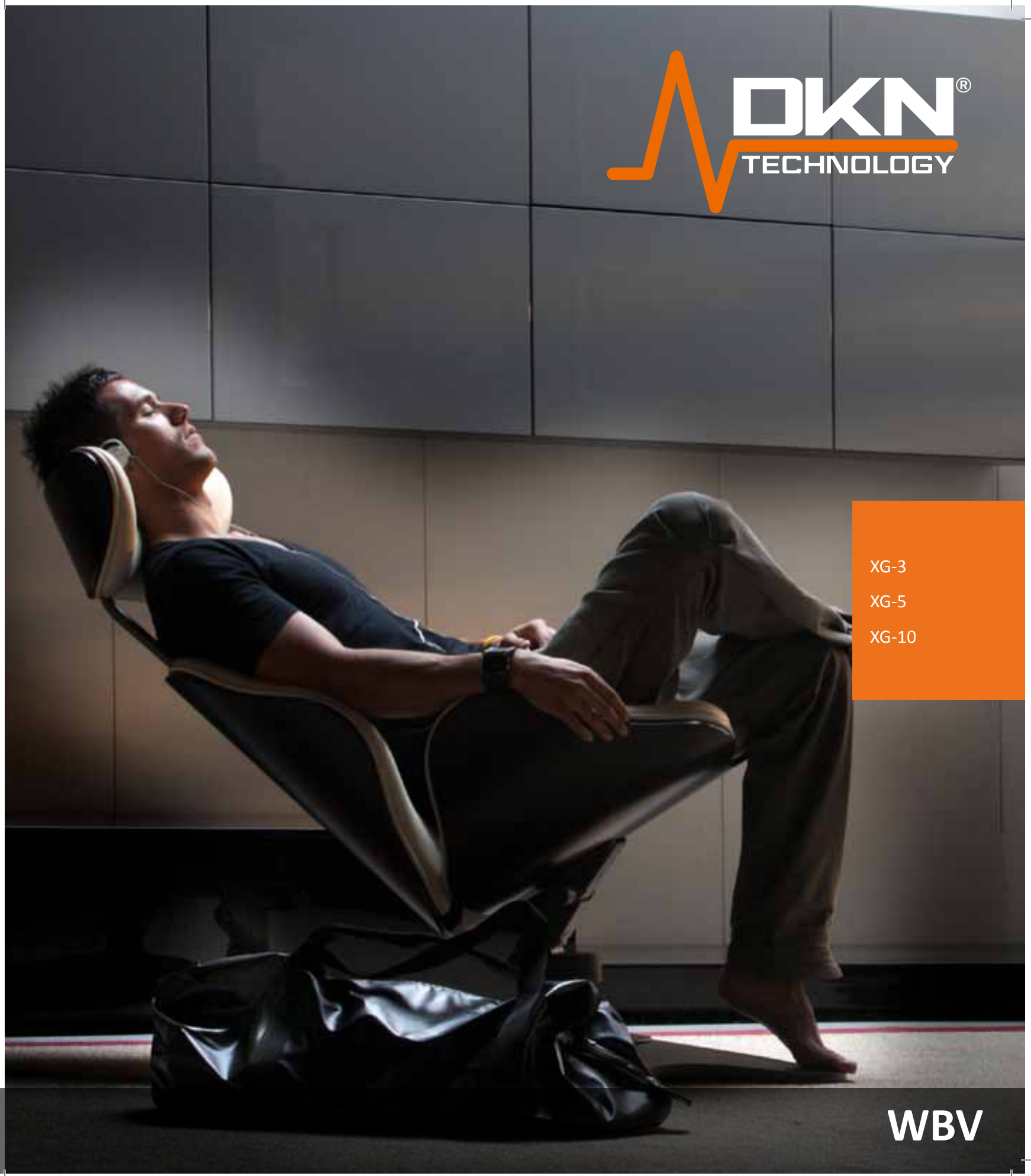
Used by everyone from celebrities to top sporting professionals, physiotherapy departments, health clubs and millions of homes the world over, vibration training is fast becoming one of the most popular elements of any fitness routine. Fantastic for getting rid of cellulite, great for building specific muscle groups, excellent for improving blood flow, and a medically proven rehabilitation and fitness aid, vibration technology allows you to get fantastic results fast! By putting the muscle in tension while exercising, DKN vibration machines can turn a 60 minute traditional workout in to just a 10 minute session.

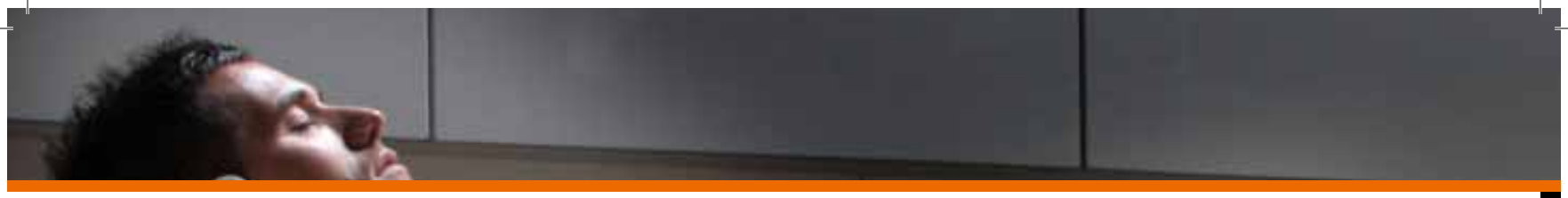
Whole body vibration exercise and therapy works your body from the inside out. Stimulating vibrations pass through the entire body or a specific muscle group to provide you with an efficient, effective and safe way to enhance the workload on the muscles. Increasing muscle mass and bone density by stimulating cellular movement compliments the natural healing process always occurring inside our body.

The DKN series vibration trainers all come with 2 upper body workout straps, an extra thick high density mat, an interactive training DVD, a personal training guide, and a complete A3 exercise poster to make sure you get the most out of every session. It also eliminates the need for expensive personal trainers to show you what to do; it's now all under your own control

The three models in the DKN-Technology series provide you with a great platform to suit your needs. The XG-03 is the entry level model designed to be premium quality at a great price. The XG-05 is the mid range vibration trainer which offers an enhanced grade steel frame and more resilient paintwork, and is suited to a more intense use environment. The XG10 is the top of the range model and is a top spec light commercial grade trainer with commercial components, and a range of user features to give the very best workout.

Feel fitter, stronger and faster with DKN.


DKN®
TECHNOLOGY
XG-3
XG-5
XG-10
WBV



| | XG-3, XG-5, XG-10 |
|---|---|
| Dimensions (mm) | 720 x 850 x 1400 |
| Weight (kg) | 72 |
| Max user limit (kg) | 150 |

**XG-SERIES** The operating principle of the DKN Vibrating Platform is based on vertical pulse vibrations. The body unconsciously makes a series of different muscles work to maintain balance when subjected to these vibrations.

This continual muscle contraction makes exercise with the DKN Whole Body Vibration platforms so effective.

A perfect blend of a full steel construction, innovative technology and quality design.

Personal Trainer with preset programs and visuals: upper body, lower body, abdominals, total body and manual control. Totalling 5 modules and 7 frequency settings.

LOWER PANEL remote control for abdominal positions, including repeat and hot start function.

**XG-3** DKN's entree level machine. Membrane computer, frequency range 20 – 50 hz, max amplitude 3.2 mm, DC motor, 1.6 Kn, 6 G acceleration, standard steel frame, home use.

**XG-5** Membrane computer, frequency range 20 – 50 hz, max amplitude 3.4 mm, DC motor, 1.8 Kn, 6 G acceleration, high density grade steel. The DKN Xg-5 is set for WBV training at home or for rehab with physiotherapists.

**XG-10** Touch sensor panel, frequency range 20 – 50 hz, max amplitude 3.4 mm, AC motor, 3.2Kn, 11 G acceleration, high density grade steel, carbon reinforced. Intensive home as well as professional use.

Adelaide - Antwerps - Bratislawa - Brisbane - Buenos Aires - Clermont-Ferrand - Dublin - London - Los Angeles - Prague - Perth - Sao Paulo - Taichung - Udine - Valencia - Zurich

# Think People

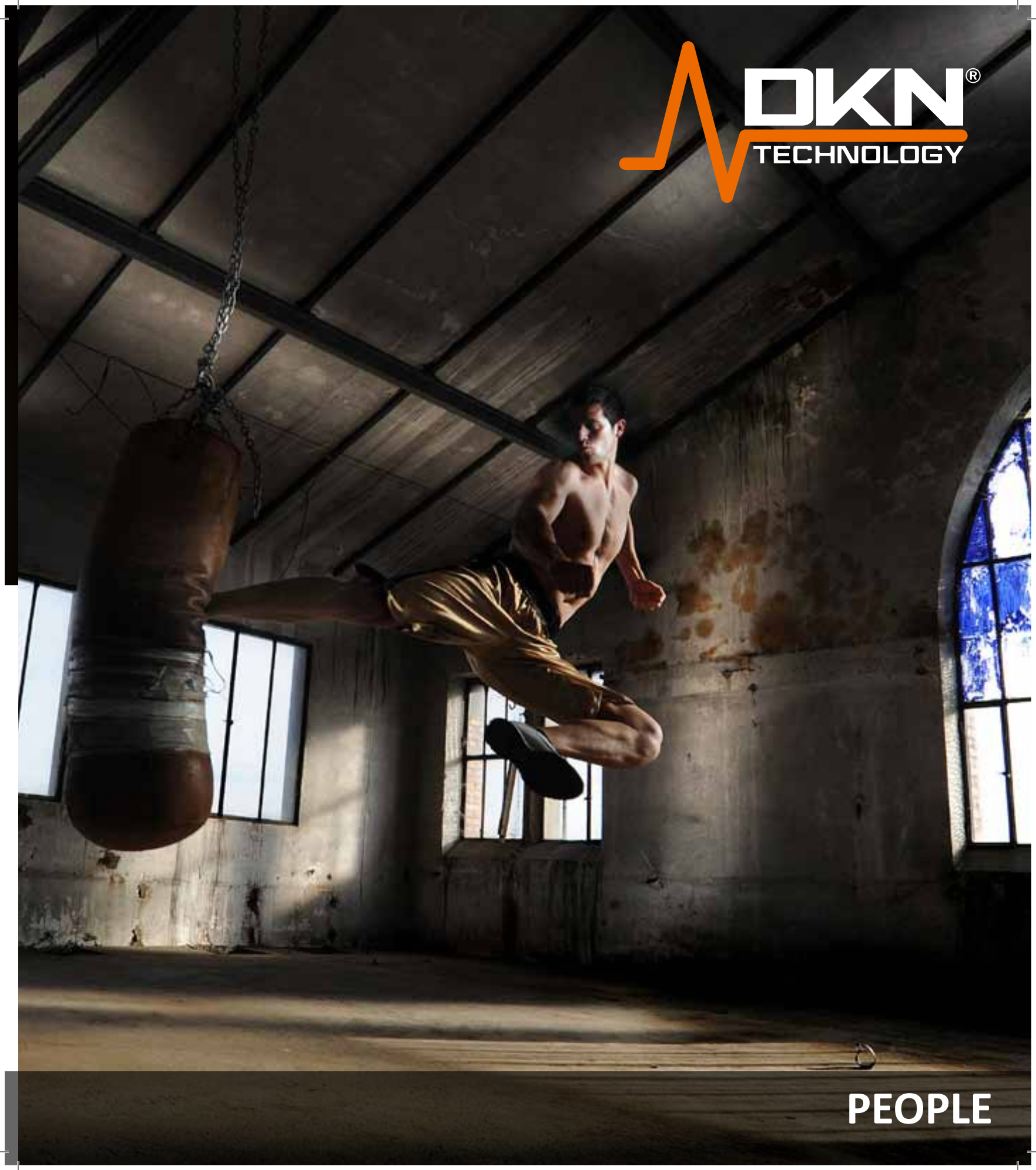
Professionalism, technical knowledge and your well-being through the aestheticism of our equipment are fundamental to welcome you as one of our customers.

Equipment design has become very important when you decide to buy fitness equipment, not only for home use, but also for use in commercial environments. This results in equipment that is more bold, with a modern touch that automatically will draw your attention to DKN:

Our goal is to combine the matching ergonomics and techniques of our machines with sublime lines of exterior beauty and a cohesive price.

**Reaching for people,**

**Reaching for better.**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TECHNOLOGY
PEOPLE

DKN® TECHNOLOGY

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9220 Hamme
Belgium

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C/Senyera S/N -Nave 18
46560 Massalfassar
Valencia
Spain

Dkn France
15-17 Rue Du Pre La Reine
63100 Clermont- Ferrand
France

Dkn Italia
Via Valcunsat 10/1
33072 Casarsa della Delizia PN
Italia

Dkn UK
42 Clipstone Street
W1W 5DE London
UNITED KINGDOM

Dkn USA
3278 Wilshire Blvd 103
Los Angeles
USA

www.dkn-technology.com